



Coordinators' Communique

State Health Plan Prevention Partners

February/March 2005

Dear Prevention Partners Coordinator:

Spring Walk Date Set!!!

It's that time of year again! Time to lace up those walking shoes and take part in the 2005 Prevention Partners Spring Wellness Walk. This year's walk is scheduled for Friday, April 8, 2005 in conjunction with South Carolina Public Health Month. Our Prevention Partners' kick-off site will be at the scenic Riverfront Park in Columbia. As in years past, this year's walk will feature lots of snacks and door prize donations from local businesses and we'll also have one of Columbia's top radio stations providing music to keep things festive. You will be receiving your walk information soon, so start your planning today.

Also, many of you have told us that you would like something different than the traditional white t-shirt we have offered for the last several years, so in response to your comments, this year's spring walk t-shirt will be navy blue with the popular palmetto tree and crescent moon gracing the back of the shirt in white. Again this year, our walk t-shirts will be priced low, so we expect these shirts to sell out quickly. If you would like a t-shirt this year, be sure to order yours early. If you have any questions regarding the shirts or the walk, call Prevention Partners at (803) 737-3820.

Internet Health Resources

For some great health and wellness information regardless of your age, be sure to check out <http://www.aarp.org/health/>. Areas of interest include Checkups and Prevention, Managing Stress, Staying Active, and a great section called Eating Well that offers articles on Foods to Fight Disease, Eating Out the Healthy Way, Healthy Snacking, and tips on how to lose weight for good.

Preventive Worksite Regional Screenings

For those who would like to participate in one of our regional screenings, the next two are as follows:

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| • Charleston | St. Andrew's Parish Parks and Playground Commission | February 24, 2005 |
| • Aiken | USC Aiken | To be announced |

Registration forms are available approximately six weeks prior to a screening and can be obtained from our website, www.eip.sc.gov (click on “Prevention Partners” and go to “Early Detection”). For more information or to have a registration form faxed to you, contact Elliott McElveen at (803) 737-0112 or email him at emcelveen@eip.sc.gov.

Chronic Disease Workshops

We have four chronic disease workshops coming up in the near future. Workshops are open to all employees, their dependents and retirees. The workshops currently scheduled are as follows:

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| • Gut Reaction | March 10, 2005 | Florence | 1:00 p.m. |
| • Gut Reaction | March 17, 2005 | Spartanburg | 1:00 p.m. |
| • Move It or Lose It | March 22, 2005 | Spartanburg | 3:00 p.m. |
| • Gut Reaction | April 7, 2005 | Rock Hill | 1:00 p.m. |

Registration forms for any of our chronic disease workshops will be available approximately one month prior to the workshop date and can be obtained from our website, www.eip.sc.gov (click on “Prevention Partners” and go to “Disease Management”). For more information, contact Ramsey Makhuli at (803) 737-3823 or email him at rmakhuli@eip.sc.gov.

Program Change

The Employee Insurance Program Prevention Partners has expanded the Preventive Worksite Screening Program, which had previously been available only to State Health Plan subscribers. Under the new guidelines, employees and retirees whose primary insurance through the state is one of the following will be eligible to participate in the screening for a \$15 co-payment:

State Health Plan (Standard Plan)
State Health Plan (Savings Plan)
Companion

Cigna MUSC Options

****Spouses and dependents are not eligible****
****Medicare and Tri-care not eligible****

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